GRAPEVINE
VISITACION·VALLEY

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Valley's Newest Community Park Nears Completion

Work continued on a second phase of construction for a new Community Park located between Arleta and Teddy avenues adjacent to Rutland Street. Part of the Visitacion Valley Greenway Project, it is the fifth of six parcels of land known as the Reis Tract to be developed in the last several years. When completed, the new park will feature an overlook, a picnic and barbecue area, and a riparian corridor for birds and butterflies.

Strengthened S.F. Inclusionary Housing Ordinance is Model for Nation's Cities

Mayor Gavin Newsom signed landmark legislationon Aug. 9 that strengthens the City's affordable housing policy.

The legislation, sponsored by Supervisors Chris Daly, Sophie Maxwell and Jake McGoldrick, makes San Francisco's inclusionary housing ordinance a model for large cities nationally.

"Not only are we improving the City's housing policy to create affordable housing in economically integrated communities, we are also celebrating our ability to prioritize good policy over politics," said Mayor Newsom

The legislation strengthens the inclusionary housing ordinance that was first adopted in 2002. The new ordinance will require new projects to provide 15 percent of their units as affordable to moderate income buyers or low-income renters if they provide the inclusionary housing on-site. If developers choose to provide the units off-site or pay a fee, the new standard is based on 20 percent of the units being affordable.

"This ordinance will help our city be a city for everyone, with real economic and social diversity. ," said Supervisor Maxwell. "This is a victory for San Franciscans."

Previously the City required between 10 and 12 percent of the units to be affordable if they were provided on-site; and between 15 and 17 percent if the developer provided the units off-site or paid a fee. The new ordinance also makes the policy applicable to more developments by lowering the threshold of applicability from 10 units to 5 units.

The strengthened ordinance also requires off-site developments to be in the same neighborhood of the market-rate development (within 1 mile) to create more economic integration.

In addition, the ordinance directs the Mayor's Office of Housing and Planning Department to target these homes based on our local median income rather than a regional average (the Planning Department study estimates that this will reduce the income targets by approximately 8-10 percent).

The policy continues to require that the homes be affordable to households earning 100 percent of median income for for-sale units and 60 percent of median income for rental.

"San Francisco's inclusionary housing policy was already a model for cities across the country. These changes raise the bar higher," said Dianne Spaulding, Executive Director of the Non-Profit Housing Association of Northern California (NPH). NPH co-authored "Inclusion-ary housing in California: 30 Years of Innovation" in 2003. The report profiled all of the existing inclusionary policies in the state.

At 15 percent, San Francisco has one of the highest percentages of any large city in the US. Most large cities, like Los Angeles and San Jose, don't have a local inclusionary policy. Other cities like Chicago and New York have voluntary, incentive-based policies. *See Page 6*

California Gas Prices Down Slightly

From the consumer's perspective, the situation is still bad, but at least it's not getting any worse.

Gas prices have been relatively stable during the last month, according to a new report from AAA of Northern California, which tracks the cost of fuel as a service to consumers.

The statewide average price of a gallon of regular unleaded gasoline is now $3.22, down 4 cents since July 11, when the last AAA monthly fuel price report was published.

"Predictions from some industry analysts about significant price increases due to the pipeline problem in Alaska have failed to materialize," said Sean Comey, spokesperson for AAA of Northern California. "The cost of gasoline is still very high, but in many communities it's actually dropped a bit over the last month."

The current average price in California is 46 cents per gallon higher than a year ago. The most expensive average gas price in Northern California communities where AAA monitors fuel costs is in South Lake Tahoe, where regular unleaded sells for $3.40 per gallon.

The lowest price among California cities tracked by AAA is in Marysville, where gas costs an average of $3.03 per gallon.

Throughout Northern California, the average price is $3.18. In the Bay Area, the average price is $3.19. The statewide average record high price of $3.38 was set on May 18 this year. *See Page 9*

City to Provide Clean Power to New Hunters Point Homes

Mayor Gavin Newsom and San Francisco Public Utilities Commission (SFPUC) General Manager Susan Leal on Aug. 11 announced a new initiative to partner with Lennar BVHP to create San Francisco's first neighborhood powered entirely by clean, renewable energy.

The new "Green Power Community" would be on a 93-acre parcel at a site of the former Hunters Point Naval Shipyard, where Lennar BVHP is about to begin construction of more than 1,600 new residential units and 300,000 square feet of commercial and retail space. Under the plan, the SFPUC will deliver reliable, 100% renewable and cost-competitive power to new residents and businesses of the current and future developments through its extensive hydropower, solar and other renewable energy generation projects.

"A new Green Power Community at Hunters Point is at the core of San Francisco's clean energy vision and leadership," said Mayor Newsom. "This partnership will bring clean, reliable, affordable energy to a community too long blighted by toxic industries and polluting power plants."

The SFPUC currently provides reliable, clean, reasonably-priced power to many of San Francisco's most vital public services and facilities – Muni, San Francisco International Airport, San Francisco General Hospital, more than 20,000 streetlights and more.

The SFPUC has also been a leader in solar development, operating and maintaining the nation's largest municipal rooftop solar facility in the nation at Moscone Convention Center, along with projects in operation or in the works at the Southeast Wastewater Treatment Plant, Norcal Recycling Facility at Pier 96, San Francisco International Airport and more.

"San Franciscans already rely on the water and power we deliver every day," said SFPUC General Manager Susan Leal. "Our growing portfolio of clean hydropower, solar and other renewable energies allows us to continue powering the City's vital municipal services and bring clean, reliable, affordable energy to the new neighborhood at Hunters Point."

Under the Green Power Community plan for Hunters Point, the SFPUC will procure and provide energy services to the community at the lowest overall cost. The SFPUC will ensure that rates charged to residents and businesses in the new neighborhood are the same or lower than current retail and commercial electric rates.

Initially, the Green Power Community at Hunters Point will be powered by the SFPUC's extensive hydro and solar power portfolio. As new technologies, such as thin-film solar, fuel cell and tidal energy, become available commercially, this and other future Green Power Communities will be first in line for power from these programs.

"Green power is the way of the future, not just for Hunters Point, but for San Francisco," said District 10 Supervisor Sophie Maxwell. "I am so proud to say that the Southeast Community is truly at the cutting edge of clean energy and environmental leadership for the Bay Area."

Valley Citizens Advisory Meeting in September

Visitacion Valley's Citizens Advisory Committee will again meet at 6 p.m. on Tuesday, Sept. 12 at a location still to be determined.

Meetings on Aug. 8 and 28 covered environmental and sustainability issues of the Visitacion Valley Survey Area, while establishing a land use, street and open space framework plan. Future meetings in October, November and January 2007 will cover design alternatives for street s, open space and building types; and new zoning and design guidelines.

Three-Dimensional Art Featured at the Dump

Archie Comic characters will come alive in three-dimensional life-sized color when S.F. Recycling and Disposal Artist in Residence Program presents *Perfectly Good; Friendly Fire, Art at the Dump* on Friday, Sept. 22 from 5 to 9 p.m., and Saturday, Sept. 23 from 1 to 5 p.m. at The Art Studio, 503 Tunnel Ave.

There will be a closing reception with refreshments for local artists Noah Wilson and Kim Weller.

Both artists will exhibit work they created during their residency at San Francisco's city dump. Admission is free and open to the public.

Demolition of Old Building Continues at Coffman Pool

Work finally commenced this summer to demolish the current building housing Coffman Pool at Visitacion Avenue and Hahn Street to make room for a new facility meeting code regulations of the Americans with Disabilities Act. Originally built in 1957, the existing 100 by 40-foot pool shell and pool mechanical room, assessed to be in sound condition, will also be updated. When completed at the end of 2007, the new structure will include an entry lobby, reception area, public restrooms, locker rooms, a family changing room, staff and support spaces, and a outdoor patio. Adjacent to Herz Playground at the southeastern entrance of McLaren Park, Coffman Pool originally opened on Nov. 15, 1958.

Grapevine Mailbox

A Cleaner Leland Avenue

I read of a complaint regarding a DPW incident in the current SFSOS. However, while concerns and problems must be reported to improve delivery of services, I also want to commend City departments who respond quickly to our residents' requests.

At the July 10th, 2006 Immigrant Rights Commission, Mr. Edwin Lee, Police Chief Heather Fong and many other City department representatives were present to hear from over 100 residents from Visitacion Valley.

Soon after, I was forwarded a memo from Mr. Lee to Mr. Nuru to provide more neighborhood cleaning on Leland Avenue, our main business street. Mr. Nuru has committed his crews to keep our street clean with the Green machine. They also left trilingual information flyers for all store owners. In addition, Mr. Nuru and his staff will meet with our concerned neighbors to plan for other multilingual anti-litter and anti-dumping campaigns.

We are thankful to the efforts of DPW.

Marlene Tran,
Visitacion Valley Asians Alliance

Red Light on the Car

It was about 1:00 p.m.in the afternoon, and Lauren was driving to visit a friend. An unmarked police car pulled up behind her and put his lights on.

Lauren's parents have always told them never to pull over for an unmarked car on the side of the road, but rather to wait until they get to a gas station, etc.

Lauren had actually listened to her parents advice, and promptly called *77 on her cell phone to tell the police dispatcher that she would not pull over right away. She proceeded to tell the dispatcher that there was an unmarked police car with a flashing red light on his rooftop behind her. The dispatcher checked to see if there were police cars where she was located and there weren't, and he told her to keep driving, remain calm and that he had back up already on the way.

Ten minutes later, four police cars surrounded her and the unmarked car behind her. One policeman went to her side and the others surrounded the car behind. They pulled the guy from the car and tackled him to the ground. The man was a convicted rapist and wanted for other crimes.

I never knew about the *77 cell phone feature, but especially for a woman alone in a car, you should not pull over for an unmarked car. Apparently police have to respect your right to keep going to a safe and public well-lit place. You obviously need to make some signals that you acknowledge them (i.e. put on your hazard lights) or call *77 like Lauren did.

Too bad the cell phone companies don't generally give you this little bit of wonderful information.

How Things Were in U.S. 100 Years Ago

The year is 1906. One hundred years ago. What a difference a century makes!

Here are some of the U.S. statistics for the Year 1906:

*The average life expectancy in the U.S. was 47 years.

*Only 14 percent of the homes in the U.S. had a bathtub.

*Only 8 percent of the homes had a telephone.

*A three-minute call from Denver to New York City cost $11.

*There were only 8,000 cars in the U.S., and only 144 miles of paved roads.

*The maximum speed limit in most cities was 10 mph.

*Alabama, Mississippi, Iowa, and Tennessee were each more heavily populated than California.

*With a mere 1.4 million people, California was only the 21st most populous state in the Union.

*The tallest structure in the world was the Eiffel Tower.

*The average wage in the U.S. was 22 cents per hour.

*The average U.S. worker made between $200 and $400 per year.

*A competent accountant could expect to earn $2000 per year, a dentist $2,500 per year, a veterinarian between $1,500 and $4,000 per year, and a mechanical engineer about $5,000 per year.

*More than 95 percent of all births in the U.S. took place at home.

*Ninety percent of all U.S. doctors had no college education! Instead, they attended so-called medical schools, many of which were condemned in the press and the government as "substandard."

*Sugar cost four cents a pound.

*Eggs were 14 cents a dozen.

*Coffee was 15 cents a pound.

*Most women only washed their hair once a month, and used borax or egg yolks for shampoo.

*Canada passed a law that prohibited poor people from entering into their country for any reason.

*Five leading causes of death in the U.S. were: 1. Pneumonia and influenza; 2. Tuberculosis; 3. Diarrhea; 4. Heart disease; 5. Stroke.

*The American flag had 45 stars. Arizona, Oklahoma, New Mexico, Hawaii, and Alaska hadn't been admitted to the Union yet.

*The population of Las Vegas, Nevada, was only 30.

*Crossword puzzles, canned beer, and ice tea hadn't been invented yet.

*There was no Mother's Day or Father's Day.

*Two out of every 10 U.S. adults couldn't read or write.

*Only 6 percent of all Americans had graduated from high school.

*Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores. Back then pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health."

*Eighteen percent of households in the U.S. had at least one full-time servant or domestic help.

*There were about 230 reported murders in the entire U.S.

Try to imagine what it may be like in another 100 years.

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S.F. Goes Forward with Universal Healthcare Access Plan

by Mayor Gavin Newsom

San Francisco is the first city in the nation to provide universal healthcare access to the uninsured. My office has received a variety of questions regarding San Francisco's new Healthcare Access Plan (HAP). Below are responses to some of the inquiries we have received about the plan, how we intend to implement it and its effect on your healthcare. The HAP is expected to begin implementation July 2007.

How does the City and County of San Francisco plan to provide healthcare to all San Franciscans?

The HAP restructures San Francisco's health care safety net so that residents are encouraged to access primary and preventive care. Participants in the HAP would receive medical care through the Department of Public Health (DPH) and primary care and specialist physicians, clinics, and hospitals that currently comprise the San Francisco Health Plan. This type of model can improve an individual's health and reduce unneeded emergency room trips.

Who is eligible for the HAP?

All San Francisco residents are eligible for the program regardless of employment or immigration status. In order to join the SF HAP, an individual must be uninsured, live in San Francisco, and be willing to apply for state and federal health benefits for which s/he is eligible. Efforts are underway to encourage San Francisco's medical providers to join in the city-wide collaborative to expand care.

What services would participants get that they don't get now?

The HAP emphasizes preventing illness, covering tests such as pap smears and managing illnesses like asthma, diabetes and high blood pressure. The HAP will also provide hospitalization services, specialty care and prescription drugs. One of the goals of the program is for patients to be able to get primary care early in their illness, rather than emergency care later on.

How do people enroll in the HAP?

The uninsured could be enrolled in one of two ways: 1) individual enrollees could pay a premium, based on an income-based sliding scale; 2) employers could enroll their employees as a group, by paying a large portion of their premiums. DPH is developing the rules and regulations governing enrollment – including rules to discourage employers who currently provide health insurance from dumping their employees into the HAP.

How much does it cost?

If every uninsured person in San Francisco (about 82,000 in all) were to enroll in the HAP, the total cost would be $198 million. However, the cost of the program will no doubt be less than this total amount, as not all uninsured will participate.

To finance the program, the City will contribute $104 million that it currently spends on the uninsured. Premiums and co-payments (mostly from higher income individuals) would comprise up to $60 million of the total amount required, and business premiums – stemming from a minimum expenditure mandate on medium and large businesses – would raise another $30-40 million. The program is expected to receive another $10 million through increased federal cost-sharing.

When will the program begin?

The Advisory Council, which will be chaired by Lloyd Dean, CEO, Catholic Health Care West and Dr. Mitch Katz, Director of the SF Department of Public Health, will make recommendations for implementation. It meets for the first time on August 25.

Other key milestones in the implementation of the SF HAP are:

*September 1: HAP website (hosted by SFHP) goes live to provide information on HAP.

*October 1: Application to State for funding needed for SF HAP via SB 1448.

*December 15: First draft of regulations for employer mandate issued for public comment.

*Jan. 31, 2007: Interim report on SF HAP status to Board of Supervisors.

*July 1, 2007: Implementation date.

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Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are $3 per child; $5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

*Sept. 2: Clothespin Dolls - Step back in time and make a clothespin doll like those found in the Randall's 1906 Earthquake Exhibit.

*Sept. 9: Geometric Art Forms - Explore geometric art forms from around the world. Learn about and make Kolams from India and traditional Islamic geometric patterns.

*Sept. 16: Bookmaking and the Art of Lettering - Try your hand at the art of lettering as you learn how to make your own book. Design decorative lettering with your name or initials on the cover.

*Sept. 23: Chinese Signature "Chops" - Get inspired by the beautiful signature 'chops' that Chinese artists use to sign their artwork. Create your own 'chop' and print it in multiple colors for a one-of-a-kind wall hanging.

*Sept. 30: Space Shuttles - Shoot for the stars! Make yor on mini-space shuttle that really flies.

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. ($5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

Visitacion Valley Community Center Senior Program

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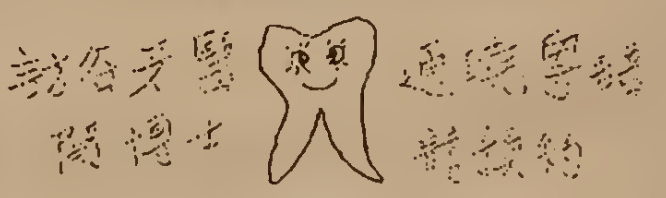

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Wednesday Bible Study: 11:00 a.m.
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Saturday Choir Rehersal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week

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RESPECT THE RAIL

EarthTalk

All About Hybrid Cars

Dear EarthTalk: I'm familiar with the hybrid cars now widely available, but what ever happened to the purely electric cars that were around 10 years ago? -Peter Zilly, Bellingham, WA

The main problem with the electric cars that reared their heads briefly a decade ago was their ability to only go so far on battery power. Charges lasted just 50 miles or so, so you were in trouble if you needed to go farther or ran out of juice somewhere in-between electric outlets. Hybrids, on the other hand, which have side-by-side electric and gas motors, never need to be plugged in and instead use the motions of their gas-powered engines (as well as those of the car's wheels and brakes) to keep their batteries charged at all times. And with a huge infrastructure of gas stations, refueling is always as easy as pulling over to fill up.

Electric car advocates have long touted their alternative vehicles as primarily short-distance commuter cars. At a 50-mile range, most electric cars could make such short trips without the need for recharging. One need only plug their vehicle into an electric outlet in the garage overnight to charge up the battery for the morning commute, and if needed then plug it in at the office for the return trip later.

But most people want more from their cars than just the daily commute—and gassing up takes minutes whereas re-charging takes hours—so sufficient demand never materialized. Hybrids, though they do use gasoline, are as versatile as conventional cars—and the coming "plug-in hybrids" (covered previously in this column) promise to substantially increase efficiency, to perhaps 100 miles per gallon or more, by using the electric motor exclusively for short runs and commutes and the gas engine only for long trips.

Even though all-electric vehicles are not currently in vogue, innovative engineers are busy working to improve them. Technological advances in battery life and engine efficiency mean that electric vehicles may be able to roam farther than ever before. According to EVWorld.com, drivers looking to go electric will soon have a few options:

California-based Tesla Motors will soon be accepting deposits on orders for its Tesla Roadster, and plans its first deliveries for 2007. Tesla claims its car can go 250 miles on a charge, which can even be extended further through its "regenerative braking" technology, similar to that which is employed in the hybrids.

And Spokane, Washington's Commuter Car Corporation is taking orders for its Tango 600 (a kit you have to assemble) and its Tango 100 and 200 models (fully assembled), with plans to deliver by 2007. Actor George Clooney was Commuter Car's first customer. The Tango can only go 60-80 miles on a charge, but boasts of its ability to go zero to 60 in four seconds and attain a top speed of 150 miles per hour.

Elsewhere, California-based AC Propulsion is working with Toyota on a Scion electric conversion, and Cleanova, based in France, is developing an electric Renault Kangoo, a popular European car.

One consideration to keep in mind about electric vehicles is that, if your utility is a dirty coal-fired plant, tapping that power could mean creating more pollution than driving a gasoline powered car. But progress in renewable energies may well solve that problem and help usher in a new era for electric vehicles.

Dear EarthTalk: Are there any Amway-like multi-level marketing companies that focus on environmentally friendly products?-Dave Miller, Fresno, CA

Back in the 1950s, Amway and a handful of other consumer products companies first pioneered the concept of "multi-level marketing" (MLM). In this business model, individuals act as distributors, selling the company's products from home while also recruiting others to do the same. In doing so, they earn commissions on both their own sales and on the sales of those they recruit. In recent years, a number of MLM companies have sprouted up with environmentally friendly products as their focus.

The most well known of the crop is Shaklee, which has been selling green-friendly nutrition, personal care and household products since 1956, when research chemist Dr. Forrest Shaklee started the company. Since then, perhaps in an effort to live up to Dr. Shaklee's personal motto ("Follow the laws of nature and you'll never go wrong"), the company has wracked up a long list of eco-accomplishments. Back in 1960 it introduced the first mass marketed biodegradable cleaning product, Basic-H, an all-natural formula that has since been adopted as an official Earth Day product. More recently, Shaklee became the first independently verified "climate neutral" company in the world, offsetting its carbon dioxide emissions with investments in various renewable energy projects. And just this year, Shaklee embarked upon an ambitious campaign to plant a million trees with the help of thousands of its independent distributors.

Another big player in the green MLM field is Idaho-based Melaleuca, which has been selling natural health care, personal care and household products since 1985. The name Melaleuca is borrowed from a plant that produces organic essential oils found in many of the company's products.

Meanwhile, Amazon Herb Company offers opportunities to sell herbal remedies derived from rainforest plants. "Amazon John" Easterling, who first discovered the healing power of herbs when Shipibo Indians used them to treat him when he fell ill during a visit to the Amazon rainforest, founded the company in 1990. Another up-and-coming player is Krystal Planet, which sells compact fluorescent light bulbs, solar heaters, fuel additives and other energy saving products for home, car and office.

If you're looking to work with an MLM company, keep in mind that just because a company has good green intentions does not mean it is a good deal for you. According to Robert FitzPatrick, who runs the Pyramid Scheme Alert newsletter, less than one in a thousand MLM distributors makes a profit. The bottom line is: Do your homework. As in any business, there are reputable companies and there are bad apples. The perceived opportunity of working independently may seem too good to pass up, so get a solid idea about the work required and the actual return likely before you quit your day job.

Book Review

American Battlefields Of World War I

American Battlefields of World War I – Chateau-Thierry-Then and Now (Battleground Productions, 304 pages, $39.95) is all about the rich history of one of the crucial periods of World War I in Europe.

This incredibly rich and detailed 304-page book is filled with photos from the actual battlefields, photos of the soldiers, photos taken after the liberation of the area.

Born in Pennsylvania but living for many years in California, David Homsher, 75, a retired veteran of U.S. Army service during the Korean War, is a historian-author who has dedicated himself to perpetuating the memory of the American World War I "doughboy" and the battlefields on which he fought.

A San Mateo resident who retired from his job as a mechanic at United Airlines in 1990, he made many trips to France, walking the battlefields, seeking out battle sites, and tracing the actions of the American Expeditionary Forces (AEF) units involved.

He spent many hours in research in the National Archives and other major libraries and has an extensive collection of books, diaries and articles about the "War to End all Wars." None being available, he is writing a series of guidebooks to the World War I battlefields of the AEF in 1918.

Wanting to "make people aware of the great personal contributions and experiences made by their grandfathers and relatives," Homsher dedicated his book to the 116,708 Americans who endured all gave their all during the First World War.

"There are just 77 remaining veterans alive from the War to End All Wars, including just 15 Americans, and several are at least 105 years old," he said.

More than 300 vintage images, Homsher painstakingly details:

*Deeds of valor by units and individuals carefully documented in writings, line drawings and original photography from the period.

*Medal of Honor citations and the descriptions that give a vivid picture of the fighting and accurately represent the many acts of supreme courage and sacrifice.

*The actual soldiers eye view using the primary first person accounts of the events and the battles created by the soldiers in their own words, from the wartime letters collected and compiled during the last 25 years from all over the country.

*Descriptions and details on the battlefields and how to get to them and take tours told in a way that allows you to recreate the experience in modern day.

Homsher also has had many articles printed in World War I historical journals and periodicals, as well as on a number of historical web sites. Battleground Publications is located at www.battlegroundpro.com

Most Parents Want Responsibility for Kids' Internet Safety

While 90 percent of parents and guardians of children ages 8-18 think they should have a lot of responsibility for ensuring kids' online safety, only one-third of them see themselves as "very knowledgeable" about how to educate their children to use the Internet safely and responsibly.

A new Cable in the Classroom poll conducted by Harris Interactive® also found that 71 percent of parents think schools should have a lot of the responsibility for making sure children's online experiences are safe ones, and some have turned to their schools for advice (42 percent). Only about half of parents (49 percent) think that government and law enforcement agencies should have "a lot" of responsibility for ensuring that children have safe experiences on the Internet.

"We know that most parents have positive views of the value of the Internet for children, and they want to be in charge of making certain that their kids' online experiences are safe and enriching," said Douglas Levin, senior director of education policy for Cable in the Classroom. "Yet, as the Internet continues to change and evolve at a breathtaking rate, most parents don't feel completely confident about how to keep their kids safe, and they are looking for help."

According to the Cable in the Classroom poll, one in ten parents (10 percent) say they are "not at all knowledgeable" about how to guide their children's safe and responsible use of the Internet, and another 2 percent say they have done nothing to ensure safe and responsible use.

The vast majority of parents (94 percent) have taken some steps on their own to ensure their children's safe and responsible use of the Internet, including talking to them about how to use the Internet (88 percent), monitoring online activities (82 percent), confining home Internet use to the living room or other open spaces (75 percent), setting limits on time online (74 percent), and installing software to limit or block their child's online activities (55 percent). *See Page 11*

Cooking Corner

Peanut-Chip Cookie Bars

3/4 cup all-purpose flour; 1/2 cup whole-wheat flour or peanut flour; 1/2 cup old fashioned oats; 1/2 teaspoon baking powder; 1/4 teaspoon baking soda; Pinch salt; 1/4 cup white sugar; 3/4 cup packed dark brown sugar; 1/4 cup all-natural peanut butter; 1 large egg; 1 large egg white; 1/2 cup chopped unsalted peanuts; 1/4 cup semisweet chocolate chips.

Preheat oven to 350°F. In a medium bowl, combine flours, oats, baking powder, baking soda and salt. Stir with a fork to blend. Set aside.

Place butter and sugars in a large bowl; beat with a mixer at medium speed until well combined and fluffy, about 3 minutes. Add peanut butter and beat until blended. Add egg and egg white; beat until combined.

Fold in peanuts and chocolate chips. Spread mixture evenly on a 13x9x2-inch baking pan lightly rubbed with butter or sprayed with canola-based cooking spray. Bake for 30 minutes.

Cool in pan 10 minutes on a wire rack. Remove from pan, and cut into 12 approximately 4-inch long by 2-inch wide bars; let cool completely. Makes 12 servings. *NAPS*

FREE CERAMICS CLASS

For everyone 18 and older at Visitacion Valley Community Center, 66 Raymond Avenue

Tuesdays from 9 a.m. to 4 p.m.

Very therapeutic and fun. You do not need to stay the entire day...come for as long as you like. We have a wonderful teacher to assist you.

For more information, call the VCC Senior Program: (415) 467-4499

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Roman Catholic (1907)

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Watercooler Counsel

by Rich Proulx

Bring Enough for All?

Q: One of my coworkers is allowed to work from his home. When I complained that this is unfair because the rest of us are required to come to the office each day, I was told that he was being "accommodated." I have epilepsy. Shouldn't this mean that I can work at home, too? -R.T., Eureka, CA

A: According to EEOC Investigator Linda Scanlan, under the Americans with Disabilities Act, an employer is required to provide reasonable accommodation to enable an individual with a disability to perform the essential functions of the position. This accommodation is unique to each individual, and is based on specific needs. If you require an accommodation for a disability, you should make this known to your employer. When a request for accommodation is made, the employer is required to engage in an informal process to clarify the individual's needs and identify the appropriate accommodation. Remember, there may be several different ways to accommodate your needs and working from home may not be the best option for you. If, on the other hand, you're asking because you and your coworkers want to work from home for your own personal reasons, the law can't help you. There is no law that requires an employer who modifies a position or creates a new position as an accommodation for someone with a disability to then offer the same modifications or position to its other employees. Unfortunately, accommodations don't work like cupcakes in a classroom. Just because somebody has one, doesn't mean that everyone gets one.

Q: I've just been promoted to a position in human resources and one of my first jobs is to make sure our company is posting the proper legal posters. One company offered to sell us laminated posters, but, since we are required by law to have these notices posted, isn't there a way to get these posters free of charge? -Can't Wait to get Started, Pleasanton, CA

A: EEOC law requires employers, unions, and other covered entities, such as staffing agencies, to post notices describing federal laws prohibiting job discrimination. Posters should be placed in a conspicuous area and be accessible to persons with disabilities. For example, I usually see posters on the wall outside the human resources office and in the employee lounge. And you're right, up to 10 copies of the EEOC poster may be ordered from the web site, www.eeoc.gov at no charge. Posters are available in English, Arabic, Chinese, and Spanish. Posters may also be ordered by calling 1-800-669-3362. The required poster advising of California state laws prohibiting job discrimination is available from the CA Department of Fair Employment and Housing at www.dfeh.ca.gov.

You might begin wondering what you've gotten yourself into with the project, however, because this is just the beginning. For example, posters are required advising employees about family leave, minimum wage, workers' compensation laws, job safety, unemployment insurance, disability leave — and the list goes on. Requirements for these postings vary depending upon the number of employees in the company. Information and free copies of other required posters are available from the U.S. Department of Labor at (202) 693-0200, www.dol.gov and the California Industrial Relations web site at www.dir.ca.gov. As far as I know, none of these posters will be laminated, but they are free.

Q: I have applied to several retail jobs recently and have been turned down. I'm overweight and have noticed that stores always seem to hire men and women who are thin and attractive. Is this discrimination? What can I do about it? -Concerned and Unemployed, Seattle, WA

A: Excellent question! This is a very tricky area of the law. Appearance, in and of itself, is not protected under federal employment law. Appearance discrimination lawsuits have been filed under federal law, but have been done so under the guise of sex, race, color or disability discrimination, with limited success. For example, Abercrombie and Fitch paid $52 million to settle a discrimination case that involved hiring tall, thin, Anglo, blond people. If you are over 100 pounds overweight, you might fall under the protection of the ADA. In addition, some states and municipalities have laws specifically prohibiting appearance discrimination, so look into your local laws. Another option is to ask the employer directly why you were not hired; other applicants may have been more qualified and the hiring decision may not have been based on appearance at all. What most people don't realize is that there's nothing wrong with asking an employer why you weren't selected for a job. As with many things, the actual reason for being rejected may be more innocent than the worst-case-scenario we've imagined.

Q: I believe I wasn't selected for a job for which I interviewed last week because I am not attractive enough. The woman who interviewed after me was tall and thin and very leggy. When I looked around, I realized all the women they had were really attractive. The men were nothing to write home about. If they're judging all the women based on attractiveness, isn't that a type of sex discrimination? -Distressed by Double Standards, Seward, AK

A: What's with all the tricky questions? This situation is significantly different from the one above. If the employer you interviewed with is really hiring women based on their attractiveness and not considering the attractiveness of the men it's hiring, then this could be sex discrimination in violation of Title VII of the Civil Rights Act of 1964. Title VII says that an employer cannot classify its employees or applicants in a way that is different for one sex than for the other. In your case, it could be that women are measured by an additional requirement than men: being attractive. This could have a disparate impact on female applicants or employees. In other words, it could be that women were more negatively impacted than men, because fewer women were hired after all the unattractive ones were weeded out. Your employer may try to argue that attractive women are necessary for the job or consistent with a business necessity, but that's very rarely a legitimate excuse for a practice that appears to be discriminatory. It's always best to try to find out the employer's reasons for the decisions it has made.

Q: Our workforce is about 70 percent Hispanic. Some speak English, some don't. Since we work in construction, we're thinking about starting an English-only policy, for safety reasons. Do you see any problems with that? -Derryl G., Tracy, CA

A: Here are the two questions to ask yourself: How would an English-only policy suit the circumstances of your particular workplace? Will it have a discriminatory impact on employees and applicants? According to Bryne Moore, EEOC Investigator, the law permits employers to adopt English-only rules only if you can show that the rule is justified by "business necessity" – if it's necessary for the business to operate safely or efficiently. But adopting an English-only policy just because you or co-workers are uncomfortable with a language you don't understand … or to reduce the number of Hispanics working there … these circumstances could invite a charge of illegal discrimination. Also, requiring English only at all times and all locations in the workplace has previously gotten employers into legal hot water– how can you justify controlling what language your employees use on their breaks? In sum, before adopting an English-only rule, consider whether there are any alternatives that would be equally effective in promoting better morale and communication, as well as safety and efficiency. If you do decide to go ahead, think through how to apply the policy in a way that is fair and consistent.

Q: My employment agency has recently received many requests for people with "minimal foreign accents." I know many folks with a strong accent who are quite fluent in English, but I am concerned that employers assume otherwise. How can we meet the expectations of clients, and still refer positions to capable workers? -Caught in the Middle, Seattle, WA

A: There is the law, and then there is reality, and it's certainly easy to get caught in the middle! First, the law: it is legal to make employment decisions based on accent when it materially interferes with the ability to perform job duties. Choosing a receptionist because you think her British accent is 'cool' or rejecting that Yemeni applicant because you don't think his accent 'fits the company image' doesn't meet this standard. An employer should assess: 1) the specific job duties and 2) the extent to which the individual's accent affects his or her ability to perform them. Accent may not be as relevant for positions such as a security guard as it would for a telephone operator. Also, employers should distinguish between a merely discernible foreign accent and one that interferes with necessary communication skills.

So, let's say your most qualified candidate is a worker who speaks accented English. How do you respond to a request for "minimal foreign accent"? As an employment agency, you can be liable for the discriminatory actions of your clients. If a client requests no strong accents without business justification, you should tell them you are required by law not to discriminate by sending only candidates without an accent. In reality, you would probably be more diplomatic, e.g. "We are happy to send you the most qualified candidate" and note how your worker's skills are a great fit for the opening.

Send your questions to Rich at Watercooler Counsel@eeoc.gov who is a former Supervisory Investigator for the Equal Employment Opportunity Commission www.eeoc.gov. Identifying information in the questions may be fictional.

Joe Leland around the neighborhood

*Leland Avenue Street Fair: Mark your calendars for Sunday, September 10, for the Leland Avenue Street Fair, a fun-filled community event from 11 a.m. to 6 p.m. The Street Fair will be held along Leland Avenue, from Bayshore Boulevard to Alpha Street. For more information, or to volunteer, contact Crezia Tano at Ctano@VVBOOM.Org or call 415-587-7896 x104, or Russel Morine at Rmorine@aol.com or call 415-740-4014.

*The New T-Third Street Line: After years of anticipation, Muni's new T-Third Street light-rail line will be up-and-running in January 2007, starting with limited free weekend service between Sunnydale Avenue and the Castro Station on Market Street. Coming in with a price tag of $667 million, regular service along the 5.4-mile regular route isslated to begin in April from the Caltrain Station at 4th and King streets to Visitacion Valley. Plans call for an LRV every nine minutes during morning and afternoon rush hours and every 12 minutes in the evening. Cars will run on a 20-minute later at night until 1 a.m.

*Coffman Pool Demolition: It's finally happening! Coffman Pool's old building is being dismantled to make room for a modern facility. The pool should be back in the swim of things by the end of next year.

*Back to School Time: Just where did the summer go?? Well it's still summer but Visitacion Valley students were back in their classrooms the last week of August.

The Voice of Small Business

Voting Early

by Todd Stottlemyer

In order to succeed, small-business owners offer their customers the right products at the right time and the right price. But in these increasingly busy times, they also know that customers put a premium on convenience.

Governments, troubled by the lack of voter participation in recent elections, are taking a cue from business and making it more convenient for everyone to vote. The trend toward early voting is changing Election Day to an Election Period. This year, Nov. 7 won't mark the first day to vote in many states; it will be the last.

In one form or another, early voting is now available in almost every state. Registered voters typically can cast their ballots early in one of three ways, with the traditional absentee ballot simply the most familiar option.

Voters usually apply for an absentee ballot from their local elections office by mail; most states require that voters give a reason for voting absentee. After the elections office receives the application, it sends a ballot to the voter, who returns the completed ballot to the elections office within a designated period of time.

An "in-person" absentee ballot simplifies the process. Voters visit the local elections office to request an absentee ballot application, complete the application and fill out their ballot at the same time. In most states that offer in-person absentee, there is no required reason to vote early.

Direct early voting allows voters to go their local elections office or designated polls during a specific period prior to Election Day to cast ballots, often with a standard voting machine.

These are proving to be popular options with voters. One in five general election voters in 2004 reported that they cast their ballots before Election Day, according to the University of Pennsylvania's National Annenberg Election Survey. During a comparable period in 2000, 14 percent of voters reported that they cast their ballots early.

In several crucial states, the 2004 percentages were even higher. For example, 30 percent of Florida voters cast early ballots, while 50 percent of Texas and Colorado votes did so. In Washington State, nearly 70 percent took advantage of early voting, while Oregon became the first state to do away with the traditional Election Day—100 percent of Oregon's ballots were cast by mail.

This year, Washington will follow Oregon's lead and work toward eliminating Election Day, while states such as Ohio, Illinois, Maryland and New Jersey are among those joining the early voting parade.

These new voting options are a welcome change for small-business owners, who no longer have to take the time to leave their shops or offices to go to the polls. While small-business owners currently vote in greater numbers than the general population, 1.9 million of 2004's non-voters said business kept them occupied on Election Day. In other words, nearly 2 million people with a clear incentive to support business-friendly candidates were too busy to vote.

This year, in most states, small-business owners can take advantage of the convenience of early voting. Never again should the commitment of running your business come at the expense of exercising your right to be heard.

For more information about early voting in your state, go to http://www.nfib.com/page/polVoterInfo and enter your zip code.

Todd Stottlemyer is president and CEO of the National Federation of Independent Business in Washington, D.C.

Housing Ordinance is Model for Nation's Cities

From Page 1

Two other leading cities, Boston and Denver, have policies that require 10 percent of the units to be affordable for on-site development.

San Francisco's policy is among the most comprehensive in the country. Some cities with high percentages have loopholes that make these policies less effective on paper. For example, San Diego requires a similar percentage of units but allows developers to pay a low fee in lieu of building the units.

This policy will help the City make significant progress on the issue of homeownership for the middle class. In our last housing element period of 10 years (1988-98), the City created only 557 units of moderate-income housing, meeting only 12 percent of the Housing Element goal for that period. Since that time, the City has already matched that number (550) and is expected to create another 300-350 units per year to create a total of over 1800 units by 2010.

The legislation is the product of a rigorous public process led by the Planning Department and the Mayor's Office of Housing. Planning Director Dean Macris appointed a Technical Advisory Committee (TAC), comprised of a broad mix of for-profit and non-profit housing developers, and housing advocates.

The TAC met at least a half-dozen times over the four-month course of the study to provide advice and guidance to the consultant team on project tasks.

Keyser Marston and Associates produced a detailed financial analysis of the current ordinance and various legislative proposals.

Beware of 12 Tax Scams You May Encounter This Year

by Becky Schmitz, EA, CTRS

Have you ever noticed how con artists never take time off? They are constantly on the lookout for ways to either get away with something or create havoc in people's lives. And where better than in the income tax arena? Because fraudsters use tax situations to hook individuals, they often manage to trick people into believing they are complying with tax laws, when in fact these lawbreakers are using trickery.

Would you know what to look for to avoid an abusive tax scheme? Are you aware of the tax scams that scam artists utilize on a daily basis? For example, if someone suggested that income tax is unconstitutional, would you believe it? Hopefully, you would not, because it isn't true. And for that reason, each year the IRS reveals the newest scams known as the Dirty Dozen, which try to manipulate laws.

So taxpayers beware! The Dirty Dozen reminds us that tax scams take many forms. To avoid getting caught up in any one of these tax schemes, it is imperative to stay alert to any scheme that can seriously mess up your life and your finances.

This year, the "Dirty Dozen" includes the following:

1. *Zero Wages*: This is a fairly new taxpayer scam where the taxpayer attaches an incorrect form known as Form 4852 (Substitute Form W-2) or a corrected 1099 that shows zero income or little income. It probably includes a statement indicating a rebuttal of information that was previously submitted to the IRS. Beware anyone that encourages you to declare zero wages.

2. *Form 843 Tax Abatement*: This is also a new scam in which filers use IRS forms to claim their tax bills have been wrongly inflated. By misinterpreting the law, a taxpayer will wrongly try to get a refund of previous years' taxes. Many using this scam have not previously filed tax returns.

3. *Phishing*: One of the more common tax scams these days is occurring on the Internet. Known as 'Phishing,' it is plainly an attempt at identify theft. The unsuspecting person receives an e-mail claiming to be from the IRS but it's actually linked to a fake IRS website meant to solicit a taxpayer's personal information, such as Social Security numbers. The con artist then uses the information to file for a fraudulent refund. If you receive an e-mail claiming to be from the IRS but you are suspicious, call 1-800-829-1040 to report it.

4. *Zero Return*: Fraudulent promoters instruct taxpayers to enter all zeros on their federal income tax filings. Naturally, returns with all zeros are not valid. If a preparer tells you to enter all zeros on your federal tax return, report him or her immediately.

5. *Trust Misuse*: The IRS has become very aware of Trust Misuse and is cracking down on the practice. Unscrupulous tax scheme promoters urge taxpayers to use offshore trusts to hide assets. Taxpayers should be very cautious about Trust Misuse and seek the advice of a trusted professional before entering into a trust. If anyone encourages you to transfer your assets into a trust to reduce your amount of income subject to tax, you should be cautious. Several promoters and their clients have been prosecuted for this abuse.

6. *Frivolous Arguments*: Under this scam, various constitutional arguments claim that filing and paying taxes is voluntary. The fraudulent promoter will allege that the Sixteenth Amendment concerning Congressional power to lay and collect income taxes was never ratified, implying that the IRS lacks authority to collect taxes. This is absolutely untrue.

7. *Return Preparer Fraud*: If it sounds too good to be true, it usually is. Return Preparer Fraud usually constitutes preparing and filing false income tax returns by preparers who inflate personal or business expenses, make false deductions, include excessive exemptions, and apply credits that are not allowed. Taxpayers are responsible for accurate tax returns, so be aware of tax return preparers who promise big refunds. Make sure the company or preparer you are working with is credible.

8. *Credit Counseling Agencies*: Reputable credit counseling agencies can advise you in regard to managing money and debts, but taxpayers should use caution when soliciting the help of credit counseling organizations. They may claim to fix credit ratings but agencies that push debt payment agreements or charge high amounts for their services could potentially add to existing debt. The IRS Tax Exempt and Government Entities Division, is currently in the process of revoking the tax-exempt status of abusive agencies.

9. *Abuse of Charitable Organizations and Deductions*: The IRS has observed increased use of tax exempt organizations that improperly shield income or assets from taxation. In this scam, a taxpayer may try to move assets or income to a tax-exempt organization, but maintains control over the income or assets.

10. *Offshore Transactions*: The IRS aggressively pursues those who try to avoid U.S taxes by illegally hiding income in offshore banks and brokerage accounts or uses offshore credit cards, wire transfers, foreign trusts, and employee leasing schemes to hide money. The Internal Revenue Service has beefed up the money it will spend in the next four years to investigate these activities.

11. *Employment Tax Evasion*: Some scam artists encourage employers not to withhold federal income tax or other income taxes. This is based on an incorrect interpretation of the related tax code and is repeatedly proven false in court.

12. *No Gain Deduction*: Under this scheme, some tax filers try to eliminate their entire adjusted gross income by deducting it on Schedule A with the words "No Gain Realized." This deduction has no basis in law, so if you are confronted with this, take heed. It won't fly with the IRS.

The IRS routinely pursues and shuts down promoters of these scams and is currently investigating high wealth individuals and their associates. It is hoping to boost government coffers by $615 million over the next four years. In fact, the IRS recently announced that it would spend $272.8 million over next four years investigating and prosecuting under Operation Wickenby, which looks into alleged fraud involving the use of offshore entities. If you think you've been a victim of tax fraud, you may call the IRS at 1-800-829-0433 to learn more. The Internal Revenue Service employees are looking out for the best interest of the government.

Becky Schmitz, owner of Centsable Accounting, has recently been named the 2006 Top Practitioner from The American Society of the Tax Problem Solvers. Vist her at http://www.centsableaccounting.com.

Berkeley Exodus Lecture At CA Historical Society

California Historical Society will host *Berkeley Exodus 1906*, a free lecture and book signing at 6 p.m. on Thursday, Sept. 14 at its gallery at 678 Mission St.

After the 1906 earthquake, many San Franciscans decided to vacate the City for Berkeley and other East Bay communities.

Author Richard Schwartz will give an account of the exodus from San Francisco, and how it affected friends and families, Copies of his book will be given as gifts to a few lucky guests. Be there to win!

Historian Shares His Passion for Fisherman's Wharf

With a new book just released this summer, San Francisco historian Al Baccari, Jr. hopes to "provide a prism with the book through which the very special heritages and traditions of San Francisco's Fisherman's Wharf can be preserved and viewed."

The early wharf, originally known as Meigg's Wharf, was once the main port of entry to San Francisco and an extremely industrious place. Lumber, food, and immigrants all arrived here, and railroads came right to the water's edge to pick up building supplies for the rapidly growing city.

Hardworking fishermen, both Chinese and Italian (who were often accompanied by their wives), set out to make a living by catching fish and crab in small vessels built at the wharf.

This history goes beyond today's attractions of Pier 39, Ghirardelli and Cannery Row; it has now become San Francisco's top tourist destination.

Told in more than 200 fascinating vintage images, *San Francisco's Fisherman's Wharf:*

*Details why Fisherman's Wharf is where it is.

*Reveals how it rests on land created from the rubble of buildings destroyed in the earthquakes and fire of 1906.

*Shows the restaurants, people, and boats that gave the Wharf its name.

*Displays generations of fishing skill and traditions expressed in song, and good things to eat and drink.

*Showcases the landmarks, legends, heroes, and celebrities of the famous Fisherman's Wharf.

As founder of the Fisherman's Wharf Historical Society and the North Beach Museum, Baccari had secured over the years a great deal of historical information about Fisherman's Wharf along with more than 400 vintage photographs of the area.

"I interviewed over 200 individuals whose families had been identified with San Francisco's Fisherman's Wharf since the 1890s," said Baccari. He reviewed historical documents of the San Francisco Port Authority as well as records of the California Harbor Commission who originally established Fisherman's Wharf.

Baccari also researched material of the San Francisco National Maritime Park Library, an Francisco Public Library, California Historical Society, California State Library, California Pioneer Historical Society Literary, and the Bancroft Library at UC Berkeley.

San Francisco author Al Baccari, Jr.

"For over 60 years, San Francisco's Fisherman's Wharf has been holding my attention and gamering my affections," explained Baccari. "With this book, I wanted to make people aware that San Francisco's Fisherman's Wharf is one of those rare places where history, culture and ethnic pride forms a distinctive blend that sets the place apart and gives it a strength and vitality all its own."

San Francisco's Fisherman's Wharf ($26.99, Arcadia Publishing) is available at area bookstores, independent retailers, online booksiores, or through Arcadia Publishing at www.arcadiapublishing.com or (888) 313-2665

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Excerpts from Actual Letters Sent to Landlords ...

*The toilet is blocked and we cannot bathe the children until it is cleared.
*I want some repairs done to my stove as it has backfires and burnt my knob off.
*This is to let you know that there is a smell coming from the man next door.
*The toilet seat is cracked: where do I stand?
*I am writing on behalf of my sink, which is running away from the wall.
*I request your permisison to remove my drawers in the kitchen.
*Our lavatory seat is broken in half and is now in three pieces.
*Will you please send a man to look at my water? It is a funny color and not fit to drink.
*The person next door has a large erection in his back garden, which is unsightly and dangerous.
*Will you please send someone to mend our cracked sidewalk? Yesterday my wife tripped on it and is now pregnant.
*Our kitchen floor is very damp. We have two children and would like a third, so will you please send someone to do something about it.
*Would you please send a man to repair my downspout? I am an old-age pensioner and need it straight away.
*Could you please send someone to fix our bath tap? My wife got her toe stuck in it and it is very uncomfortable for us.
*When the workmen were here, they put their tools in my wife's new drawers and made a mess. Please send men with clean tools to finish the job and keep my wife happy.

Cheers, Your neighbor realtor, Justyna

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Grapevine Puzzler Small Califomia Towns 2

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Avery	Hamilton	Mountain	Shaver Lake
Cantua Creek	Branch	Mesa	Spreckels
Clyde	Hickman	Onyx	Squirrel
Delleker	Independence	Palo Verde	Mountain
Dorrington	Klamath	Plumas	Valley
Ducor	Lanare	Eureka	Tehama
Dustin Acres	Lakehead-	Point Arena	Traver
East Orosi	Lakeshore	Rail Road Flat	Vallecito
Fall River Mills	Lemon Cove	San Ardo	Valley Acres
Fort Jones	Meadow Valley	San Geronimo	Wilkerson
Friant	Millville	San Lucas	Winterhaven

Historic Proportions

1890

Match clues to answers.

1. Journalist completed a round-the-world journey on Jan. 25.
2. On July 1, Great Britain received this from Germany in exchange for Heligoland.
3. Longest bridge in Great Britain opened in Scotland on Mar. 4.
4. This became the 43rd U.S. state on July 3.
5. Union was founded on Jan. 25.
6. First female staffer for the U.S. White House on Jan. 2.
7. This went into effect in Japan onNov. 29
8. First use of this on Aug. 6 at Auburn Prison in New York.
9. On Mar. 20, he was fired by Wilhelm II of Germany.
10. This became the 44rd U.S. state on July 10.
11. Famous artist shot himself in the chest on July 27 and died two days later.
12. United States Seventh Cavalry massacred more than 400 men, women and children here on Dec. 29.

A. Firth of Forth
B. Wyoming
C. United Mine Workers of America
D. Meiji Constitution
E. Otto von Bismarck
F. Zanzibar
G. Wounded Knee
H. Nellie Bly
I. Vincent van Gogh
J. Idaho
K. Electric chair
L. Alice Sanger

Answers: 1-H, 2-F, 3-A, 4-J, 5-C, 6-L, 7-D, 8-K, 9-E, 10-B, 11-I, 12-G.

As a Matter of Fact

*The Mason-Dixon line is named for Charles Mason and Jeremiah Dixon, English astronomers who surveyed the border between Pennsylvania and Maryland in 1767.

*The ancient Greeks believed that anyone who drank from the fountain of Castalia on Mount Parnassus would be able to write poetry.

*The first newspaper cartoon, a political caricature, appeared in a Washington paper, the Federal Republican, early in 1814.

*Badlands, common in semidesert areas of the western u.S., are regions that have been worn into steep hills and deep gullies by the action of wind, rain and floods.

*Most animals walk and run on their toes, but a bear puts its whole foot firmly on the ground with each step.

*The diesel engine is named for Rudolph Diesel, a German engineer who developed the device in 1897. In 1913, he mysteriously disappeared aboard a ship bound for London.

*Only one person in 2 billion will live to be 116 or older.

*The words "alumnus" and "alumna" are the Latin words for "foster son" and "foster daughter." Though used in Great Britain to mean "pupil," in America they describe only graduates of a school or college.

Sez Who?

Match quotes to speakers.

1. "It is possible to store the mind with a million facts and still be entirely uneducated."
2. "The only way to have a friend is to be one."
3. "Education is the best provision for old age."
4. "College isn't the place to go for ideas."
5. "Good teaching is one-fourth preparation and three-fourths theater."
6. "Education is the ability to listen to almost anything without losing your temper or your self-confidence."
7. "The direction in which education starts a man will determine his future life."
8. "Human history becomes more and more a race between education and catastrophic."
9. "Education is a method whereby one acquires a higher grade of prejudices."

A. Aristotle
B. Plato
C. Laurence J. Peter
D. Alec Bourne
E. H.G. Wells
F. Robert Frost
G. Ralph Waldo Emerson
H. Gail Godwin
I. Helen Keller

Answers: 1-D, 2-C, 3-A, 4-I, 5-H, 6-F, 7-B, 8-E, 9-C.

Sump, the Grump

Poor Rix's Almanac

by Rix Quinn

Dear Poor Rix: Do you know why people fall in love? — Romantic

Poor Rix cannot tell you what makes people fall for each other. All we know is that suddenly a young man willingly trades a heart full of love and a wallet full of money for a wedding full of guests that sit on the bride's side.

And, nobody can tell you how to craft a perfect union. It's a little like synchronized swimming in a heated pool. No matter how much you practice, you'll never do everything correctly, and half the time you're in hot water.

To start things well, a flawless "ring presentation" is critical. If you do it right, she'll remember it for the rest of her life. If you do it wrong, you'll hear about it for the rest of your life.

Before you purchase the jewelry, take your beloved shopping, and ask thoughtful questions like "Do you agree with me that a large ring is pretentious?"

Obviously, she will answer "no," and steer you to a stunning stone that will cost you more than your first two cars. But that's OK…it'll get much better mileage.

Perhaps the best way to present the ring is after a fine meal at a top restaurant. As you complete dessert, you might spring the ring from your pocket, and utter something memorable like "I've been waiting for the right time to tell you I want to spend the rest of time with you."

This worked for me, especially after she stopped laughing.

Hey, Poor Rix: Our back yard is crawling with all kinds of bugs. How many types of insects inhabit earth? — Homeowner

No one knows how many insects exist, because some fly into bug zappers, some live underground, and some fall beneath shoes. But the last approximate count was 387 gazillion.

Insects have six legs, and three body parts: head, thorax, and abdomen. The head decides what to do. The abdomen digests food and procreates. The thorax just has a cool name, and keeps the head and abdomen from wandering in opposite directions.

Some sophisticated bugs form "insect cities," where they identify one another by the same smell. That makes strangers stand out, especially in gym class.

Insect skin is made of chitin, a tough armor-like material. As the insect grows, it sheds the outer skin, sorta like an aging movie starlet. Insect guts are green or yellow, and hard to clean off carpet if you accidentally squish one.

Other trivia about insects:

1. To get a male praying mantis in the mood for romance, the female tears its head off! So if you discover a live male mantis, it probably does not date.

2. Honeybees make honey. Silkworms make silk. Flies make the opening on pants.

3. Some insects have two wings. Some have four. Wingless insects don't fly, but carpool.

What's an insect's life span? One type — "ephemerida" – lives a single day. A few, overwhelmed by life's brevity, choose to depart even earlier.

Investigators rule this an "insecticide."

Dear Poor Rix: I would like to run for the legislature when I graduate from school. How do I get started? – Student Body President

Poor Rix congratulates you on your decision to serve constituents. Some people just want to be politicians.

Poor Rix never ran for anything at school, except the door when the teacher hollered "Recess!" But here's what friends tell me about politics:

How much money do you need? About three gazillion dollars. This allows you to print campaign posters, buy advertising time, and hire a crowd to show up for your first few speeches.

The fastest way to raise cash is from affluent relatives. Poor Rix used to get rent money from distant cousins by threatening to come live in their guest rooms.

Or, you can gather funds by going door-to-door. Some people call this "building grassroots support." Others call it "begging."

Few candidates run unopposed. Therefore, it's helpful to join a party. Which one? Poor Rix attends all parties, especially ones with ice sculptures on the food table.

During a campaign, you may be forced to debate your competitor. At the debate, respectfully refer to him as "my worthy opponent," not "the slovenly weirdo sitting next to me."

Once elected, some legislators serve multiple terms, and eventually retire. A few retire when they take office.

Poor Rix figured he's begun to look like his wife because we both wear the same make-up.

Dear Poor Rix: A guy just invited me to a football game. I do not understand this event. Can you explain it? — Sport Watcher

This game begins with the entrance of referees, people with striped shirts who enforce the rules. Occasionally, someone with striped shirt and long stick may appear, and wander aimlessly. He is a "lost golfer," and must be removed.

Next come the cheerleaders, who bounce onto the field, often displaying skimpy uniforms and bare midriffs. And those are just the guys.

The girls look even better, and may wave their massive pom-poms to excite the crowd. (We'll discuss pom-poms another time.)

Then comes the team "mascot," often a farm animal or a human dressed like one. Mascot uniforms are sometimes very silly, and not appropriate wearing apparel for, say, a wedding.

Next come two teams that wear different colors, plus a helmet to hide their identities from the opponents they'll tackle later. For the next three hours each squad tries to go from one end of the field to the other.

Pay attention to the quarterback, who controls the football. Sometimes he throws it to a teammate (a "pass"). Sometimes he gives the ball to somebody (a "handoff").

And occasionally he may tiptoe to the sidelines, and give some cheerleader a big, wet kiss. This is called the "quarterback sneak."

There's more to tell, Sport Watcher, but I gotta go. On TV, they're about to show a "quarterback sneak" instant replay.

Poor Rix offers bad answers to good questions. E-mail him at rixquinn@charter.net.

Five Years Ago In the Grapevine

SEPTEMBER 2001

*Neighborhood Day was scheduled for Herz Playground at the end of September.

*Two Visitacion Valley construction outreach meetings for the Third Street Light Rail Project were scheduled to be held at the Community Center.

*A revised schedule of field work to excavate and remove contaminated soil at Midway Village and Bayshore Park just south of the City border was scheduled to begin in August.

Grapevine Classified

IT'S NOT SMART to do nothing when you have something negative in your life. The issue somehow affects and becomes everybody's problem.
*Getting nervous and upset.
*Feeling sick o a regular basis.
*Feeling like punching out something or someone
*Feeling like screaming
*Can't sleep.
*Watching television all night.
*Simply not in a happy frame of mind.
*Problem making the right choices.
If you are experiencing any of these symptoms, we need to talk with you. Visitacion Valley Jobs, Educaiton and Training center offers advocacy and mediation services relating to all types of quality-of-life issues. Court-mandated programs available. Service and trust is our commitment to the community. Contact Marjorie Ann Williams, Counselor at (415) 239-2877.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page $60; 1/2 Page $33.75; 1/4 Page $18.75, 1/8 Page $10; 1/12 Page $8, 1/16 Page $6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. **Classified:** 20 words for $1. Extra line 50 cents. Ad and payments should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

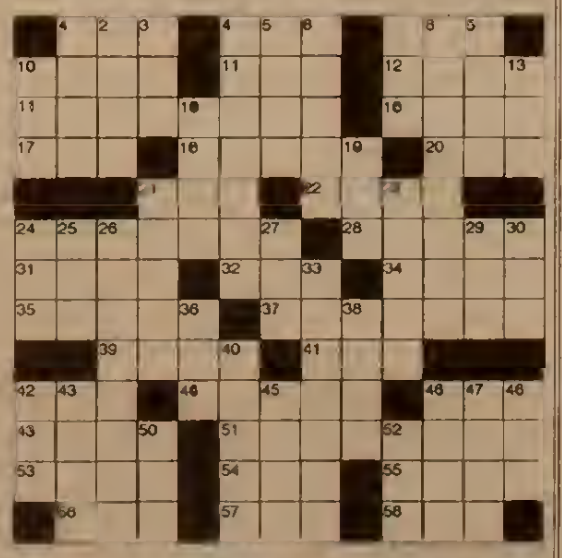
VVCC BOARD MEETINGS: Visitacion Valley Community Center (VVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 2nd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitacion Valley. Persons interested in Board membership are encouraged to send a letter of interest to: Board of Directors Development Committee, Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

GRAPEVINE 20TH ANNIVERSARY special issue with neighborhood history still available, mailed anywhere in U.S. for $1. Send to: Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059

Crossword Puzzle

Solution on Page 11



ACROSS
1 Federal Aviation Admin. (abbr.)
4 Sinbad's bird
7 Postpaid (abbr.)
10 Festival
11 Amateur Boxing Assn. (abbr.)
12 Islamic teacher
14 Mensa (2 wrds)
16 Maori seagoing canoa
17 Sheep's cry
18 Portion out
20 Tactical Air Command (abbr.)
21 Birds (pref.)
22 Fial
24 Bait
28 Funeral oration
31 Aoudad
32 Corrode
34 "Dies ___"
35 Fit
37 Father of Ajax
39 Air (pref.)
41 Badly (pref.)
42 Priest's garment
44 Pollen brush
46 Tennis stroke
49 Semitic Deity
51 Pimento
53 Shak. villain
54 Council for Econ. Advisors (abbr.)
55 Tanning solution
56 Son of Hermes
57 Propeller
58 River rapids

DOWN
1 FDR's dog
2 Alberta (abbr.)
3 Narrower than AA
4 Naut. rope
5 Old Gr. coin
6 Fowl
7 Animal's foot
8 Dala
9 Wild mango fruit
10 Witless chatter
13 Son of, in Gaelic names
15 Harangue
19 Golf peg
21 Vestment
23 Pseudonym
24 Hat
25 Pray (pref.)
26 Turnip
27 Knot lace
29 General Accounting Office (abbr.)
30 Poetic contraction
33 Knight
36 Hours (abbr.)
38 Geological epoch
40 Friot
42 Mother of Hezekia
43 Eucalyptus secretion
45 Olive genus
46 River into tha Yellow Sea
47 Eight (Lat.)
48 Inaect
50 Longitude (abbr.)
52 Public Broadcasting Service (abbr.)

Visitacion Valley Police Report

by Ingleside Captain Paul Chignell

Police Cases

*On July 23 at 7:10 p.m. on the 200 block of Blythdale, officers responded to a burglary call and found a broken window to the residence. At the scene they saw two people in the house wearing gloves. The two were detained and gave different stories about who had invited them to the house. Then during a pat search the officers found property taken in from inside the home and also property taken from an earlier burglary a block away. The suspects where arrested for these two burglaries. During an interview the suspects stated that they were looking for money and guns and split the stolen property evenly between themselves and had and planned and executed numerous other burglaries in the area.

*On July 27 at 12:15 p.m. on the first block of Santos, officers responded to a purse snatch were an elderly vicitm reported that she was sitting on the bus with holding her purse laying next to her. Suddenly she felt someone pull the bag from her grasp and she saw three juveniles getting off the back of the bus- one holding her purse. An anonymous party reported additional suspects' information. The description matched a juvenile known by the officers so they began a search of the area for her. A neighbor in the area where the suspect stays told the officer they could find some of the stolen property behind a certain building. A large black bag containing some of the victim's property was recovered from a Dumpster. After locating the girl she admitted being on the bus but that she did not have anything to do with any robbery. Later another suspect and parent came to the Sunnydale substation where they were interviewed about the incident. There will be a further review of the photos from the security camera on Muni as part of the follow-up investigation.

*On July 28 after an elderly woman was beaten by a suspect and her purse was taken as she stepped off a Muni bus on the 300 block of Schwerin at 9 a.m., officers responded to the incident. The officers skillfully located witnesses to the robbery and secured an excellent Spanish speaking officer to assist in the translation with the victim. One important witness who is active in our community policing efforts in the Sunnydale provided good information on the suspect. An officer prepared a photo spread and the victim positively identified a suspect who has stayed in the past on the first block of Heritage. On July 29 at 8:01 p.m., Ingleside officers assigned to Sunnydale Housing spotted the suspect on the 1500 block of Sunnydale. She was arrested for robbery. This was the epitome of community policing and skillful police work resulting in a arrest of a street predator.

*On July 29 at 12:28 p.m., officers went to the 500 block of Carter where a suspect had beaten his girlfriend and was also wanted on assault warrants. He was arrested.

*On July 31 at 2 p.m., officers were aware from the Robbery Inspectors that a 17 year-old who lives on the 1800 block of Sunnydale was wanted for robbery. They spotted her on the 1900 block and arrested her. At 6:10 p.m., officers stopped a vehicle due to expired registration on the 400 block of Schwerin. The driver, who lives on the 200 block of Teddy, was driving with a suspended license, was uninsured and was in possession of a "crack" pipe. He was cited and his 1988 Cadillac was towed. At 10:28 p.m., a police sergeant stopped a vehicle for a stop sign violation at Sunnydale and Santos. The driver, who lives on the 1700 block of Sunnydale, was unlicensed and uninsured. He was cited and his 1988 Volvo was towed.

*On Aug. 1 at 4:50 p.m., officers saw a stolen vehicle being driven on Velasco at Santos with three occupants on board. The vehicle stopped on Castillo with the suspects quickly alighting from the vehicle and running away. Officers and a police sergeant arrived to assist. The suspects were chased down and arrested. One resident of the 100 block of Santos was arrested for auto theft, receiving stolen property, conspiracy, resisting arrest, a federal parole violation and a no-bail probation violation from San Mateo. A second suspect from Daly City was arrested for auto theft and a state parole violation. At 8 p.m., a citizen observed her previously reported stolen vehicle on the 200 block of Brookdale being driven. Officers searched the area and spotted the vehicle being driven on the 1600 block of Sunnydale. The driver exited the car and began running. The officers captured the 15 year-old suspect, who lives on the 100 block of Blythdale and arrested him for auto theft and being unlicensed. At 11 p.m., officers went to the 2400 block of Bayshore on a assault case where a man had struck a woman repeatedly. The suspect was gone but returned later and the officers responded back arresting him on two charges.

*On Aug. 3 at 12:41 p.m., officers were on patrol at Alpha and Leland when they spotted two suspicious individuals. They conducted an investigation and found that one suspect, who lives on the 200 block of Peabody, was in possession of "ecstasy" tablets and methamphetamine. He was arrested.

*On Aug. 4 at 1:20 p.m., officers responded to a neighbor dispute on the 1500 block of Sunnydale where a woman had assaulted another woman. The local resident was cited for battery.

*On Aug. 6 at 12:16 a.m., an officer stopped a vehicle at Brookdale and Geneva for an equipment violation. The driver, who lives on the 3700 block of Mission, was unlicensed and uninsured. He was cited and his 1990 Ford was towed. At 4:23 p.m., officers stopped a vehicle at 835 Sunnydale for a registration violation. The driver, who lives in San Leandro, was unlicensed and uninsured. He was cited and his 1993 Ford was towed.

*On Aug. 8 at 4 p.m., officers went to the first block of Ervine knowing that a resident there had a warrant for elder abuse, grand theft and conspiracy. At 11:53 p.m., officers went to the 1500 block of Sunnydale where an incoherent suspect had broken a window, threatened to kill the occupant and was wanted on a felony assault warrant. The officers located the suspect nearby and arrested him on numerous charges.

*On Aug. 9 at 7:11 a.m., officers went to the 100 block of Leland on a report of a resident engaging in elder abuse, making threats and violating a restraining order. The suspect was booked on three counts. At 8:06 a.m., officers went to a residence on the 200 block of Santos where a resident had beaten his roommate and slammed him against a wall. The suspect was arrested for felony assault. At 5 p.m., officers responded to a call on the 900 block of Visitacion of an ex-boyfriend/stalker who had climbed in a window and was brandishing a knife. The suspect had been continually harassing the victim and making threats. He was taken in to custody inside the residence and arrested for burglary, stalking and other charges. The suspect resides on the 1900 block of Hollister. At 5:31 p.m., officers were patrolling the Sunnydale Public Housing on the 100 block of Blythdale when they spotted a known gang member who lives in Oakland who was wanted on a no bail juvenile warrant.

*On Aug. 10 at 3:18 p.m., officers observed a subject sleeping on a table on the 200 block of Blythdale. When he was awoke they found that the suspect, with no permanent local address, was wanted on a no bail parole warrant.

*On Aug. 11 at 12:30 a.m., officers went to the 1700 block of Sunnydale where a 15 year-old minor was beyond parental control. The officers removed the child to a care home. At 3:56 p.m., officers went to the 1600 block of Sunnydale on a domestic dispute. They observed a subject driving a vehicle near the residence and stopped him. The resident of the 1800 block of Bayshore was driving with a suspended license and was uninsured. He was cited and his 1988 Toyota was towed. At 5:19 p.m., a police sergeant and an officer stopped a vehicle for no license plate at Hahn and Visitacion. The driver, who lives in Richmond, was driving with a suspended license and was in possession of a "crack" pipe. He was cited and his 1990 Volvo was towed.

*On Aug. 13 at 10:59 p.m., a police sergeant and an officer of the Gang Task Force were working plainclothes when they spotted a number of suspected gang members loitering on the 1500 block of Sunnydale. When the officers were observed, one suspect began rapidly walking away around a building and was observed by the police sergeant to take an object and thrown it into a garbage can. The police sergeant stopped the suspect and found that he was wearing a ballistic vest. Inside the garbage can was a fully loaded semi-automatic handgun. The suspect, who lives on the first block of Santos, was arrested on a number of charges and also was in possession of illegal drugs. A second suspect, a juvenile, who lives on the 1500 block of Sunnydale, was found by the officerr to be in possession of crack cocaine and marijuana. He was taken to the Youth Guidance Center.

*On Aug. 14 at 12 noon , officers went to the 1500 block of Sunnydale where an adult daughter had stabbed her mother in the face with a knife. The officers had to call the San Francisco Fire Department to obtain a crowbar and axe to gain entry and arrest the suspect. She was booked on numerous felony counts. The victim was taken to San Francisco General Hospital and treated for facial lacerations. At 5:16 p.m., officers were on the 100 block of Leland in response to complaints from merchants and residents of loitering, drug dealing and alcohol related issues. They observed a resident of the 200 block of Leland in possession of a "crack" pipe. A search of the suspect revealed crack cocaine. The suspect was on parole for robbery from Contra Costa County.

*On Aug. 15 at 10:07 a.m., officers went to the 300 block of Raymond on a stabbing call. They located a female victim who had been attacked by her boyfriend, strangled to the point of almost losing consciousness and beaten. The victim had grabbed a knife in self defense and cut the suspect. The officers located the suspect and arrested him for domestic violence, felony assault and for a warrant for driving with a suspended license.

*On Aug. 18 at 7:19 p.m., numerous Ingleside officers responded to the first block of Santos where a drunken woman had driven her car up onto the sidewalk striking a man who had been working on his car. The woman then got out of the car with a bottle of liquor in her hand, took a swig of alcohol and then ran away. Numerous witnesses chased the woman down and held her until officers arrived to take her into custody. The woman, who lives on the first block of Towerside, was arrested for felony drunk driving and hit and run. The victim was taken to San Francisco General Hospital and is in critical condition.

*On Aug. 20 at 6:10 p.m., a police lieutenant was on patrol on the 100 block of Hahn when he observed a suspect go through a posted stop sign without stopping at Sawyer and Visitacion. He stopped the vehicle on Hahn and found that the driver, who lives on the 900 block of LeConte, was driving with a suspended license and was wanted on a felony forgery warrant from Alameda County.

*On Aug. 22 at 11:13 p.m., officers went to an address on the 100 block of Loehr to serve a restraining order on a domestic violence suspect. The officers located the suspect hiding in a closet and arrested him for domestic violence.

Police Summaries

*July 28: 200 block of Rey St., graffiti.
*July 28: First block of Raymond Ave., dispute.
*July 28: 1000 block of Sunnydale Ave., threats.
*July 28: First block of Tioga Ave., threats, vandalism.
*July 28: Wilde Ave. and Delta St., stolen 1985 Chevrolet.
*July 29: 2:30 p.m., 700 block of Velasco Ave., felony assault, threats.
*July 29: 8:30 p.m., 1700 block of Sunnydale Ave., accidental shooting with pellet gun.
*July 29: 263 Blythdale Ave., stolen 1990 Buick.
*July 29: First block of Brookdale Ave., theft, wallet and cell phone.
*July 29: Crocker Amazon Park, found 1990 Buick.
*July 29: 400 block of Leland Ave., dispute, detention and release
*July 30: 1 Alpha St., stolen 1993 Acura
*July 30: 200 block of Hahn St., breaking windows.
*July 30: Visitacion Ave and Hahn St., vandalism.
*July 31: 10:15 a.m., 300 block of Schwerin St., firearm discharge.
*July 31. First block of Kelloch Ave., vandalism to vehicle.
*July 31: 2000 block of Sunnydale Ave., vandalism.
*July 31: Teddy Ave. and Elliot St., theft from locked vehicle.
*Aug. 1: 8 a.m. (occurred July 19), 100 block of Brookdale Ave., burglary, money.
*Aug. 1: 200 block of Brookdale Ave., stolen 1990 Buick.
*Aug. 1: 71 Cambridge St., found 1998 Honda.
*Aug. 1: 30 Castillo St., found 1990 Honda.
*Aug. 1: Elliot St and Teddy Ave., found 1987 Toyota.
*Aug. 2. 100 block of Blythdale Ave., breaking windows.
*Aug. 2: First block of Tucker Ave., death, 69 year-old male
*Aug. 3: 100 block of Brookdale Ave., domestic violence.
*Aug. 3: 144 Brookdale Ave., found 2000 Toyota.
*Aug. 3: First block of Leland Ave., theft from unlocked vehicle.
*Aug. 3: 964 Rutland St., found 1987 Toyota.
*Aug. 3: 300 block of Sawyer St., death, 84 year-old woman.
*Aug. 4: 10 a.m.- 12 noon, 100 block of Blythdale Ave., burglary, money, movies.
*Aug. 4: 2:27 p.m., Leland Ave. and Desmond St., robbery, strongarm, two suspects.
*Aug. 4: 2:45 pm 300 block of Teddy Ave., firearms confiscated, investigation continuing.
*Aug. 4: 6:00 pm 500 block of Visitacion Ave., child sexual abuse.
*Aug. 4: 399 Arleta Ave., found 2000 Chevrolet.
*Aug. 4: Ervine St. and Wilde Ave., found 1990 Honda.
*Aug. 4: 1700 block of Sunnydale Ave., alcohol detention.
*Aug. 4: 600 block of Velasco Ave., theft, suspect known.
*Aug. 5: 1700 block of Sunnydale Ave., breaking windows.
*Aug. 6: 2:37 p.m., Argonaut and Garrison Aves., shooting, two victims, gunman on foot fires six shots at occupants of car, victims not with life threatening wounds.
*Aug. 6: 100 block of Peabody St., found 29 year-old man.
*Aug. 7: 8:18 p.m., 100 block of Hahn St., burglary, construction site.
*Aug. 7: 12 noon-5 p.m., 100 block of Peabody St., burglary, computer, money.
*Aug. 7: 244 Blythdale Ave., vehicle strip.
*Aug. 7: 138 Tucker Ave., stolen 1989 Toyota.
*Aug. 8: 5:11 a.m., 1100 block of Sunnydale Ave., arson of vehicle, ex-boyfriend.
*Aug. 8: 300 block of Campbell Ave., dispute.
*Aug. 8: 100 block of Loehr St., found 14 year-old girl.
*Aug. 8: 722 Sunnydale Ave., stolen 1989 Mazda.
*Aug. 8. 1700 block of Sunnydale Ave., threats, suspect known.
*Aug. 9: 7 a.m., 100 block of Hahn St., burglary, light grills.
*Aug. 9: First block of Kelloch Ave., threats.
*Aug. 9: 230 Santos St., found 1986 Chevrolet.
*Aug. 10: 1100 block of Sunnydale Ave., detain and release.
*Aug. 11: First block of Arleta Ave., breaking windows.
*Aug. 11: 800 block of University Ave., runaway 15 year-old girl.
*Aug. 12: 1:01 a.m., 2400 block of San Bruno Ave., robbery, multiple suspects, gun, carjacking
*Aug. 12: First block of Leland Ave., mental detention, 44 year-old man.
*Aug. 12 2430 San Bruno Ave., stolen 1992 Honda.
*Aug. 12: 400 block of Sunnse Ave., vandalism to vehicle.
*Aug. 12. 346 Woolsey St., stolen 1992 Nissan
*Aug. 13: 11:29 a.m., First block of Cora St., felony assault with fists, suspect known
*Aug. 13 1400 block of Sunnydale Ave., mental detention, 21 year-old man.
*Aug. 13: 1800 block of Sunnydale Ave., vandalism to vehicle.
*Aug. 14: 5:23 p.m. (occurred Aug. 8), Visitacion Ave. and Britton St., robbery, elderly victim, two suspects push victim to ground and take shoulder bag.
*Aug. 14: 1300 block of Brussels St., found 73 year-old man.
*Aug. 15: 10:02 p.m., 1800 block of Sunnydale Ave., burglary, attempted, kitchen door
*Aug. 15: 1800 block of Geneva Ave., impounded vehicle
*Aug. 15: 299 Guttenberg St., found 2004 Chevrolet.
*Aug. 15: 500 block of Leland Ave., malicious mischief.
*Aug. 15: 200 block of Rey St., found handgun.
*Aug. 15. 1600 block of Sunnydale Ave., vandalism.
*Aug. 15: 709 Velasco Ave., found 2003 Ford.
*Aug. 16: 206 Brookdale Ave., stolen 1990 Buick.
*Aug 16: First block of Delta St., breaking windows, BB gun.
*Aug. 16: 1315 Goettingen St., found 1991 Nissan.
*Aug. 16: 174 Hahn St., stolen 1985 BMW.
*Aug. 16: Sunnydale Ave. and Hahn St., driver flees and dumps car
*Aug. 16: 192 Talbert St., stolen 1992 Honda.
*Aug. 16: 126 Tucker Ave., found 1995 Dodge.
*Aug. 17: 9:20 a.m.-5:30 p.m., 1000 block of Girard St., burglary, money and jewelry.
*Aug. 17: 1:50 p.m.-7:06 p.m., First block of Brookdale Ave., burglary, window, household items.
*Aug. 17: 400 block of Argonaut Ave., found 21 year-old man.
*Aug 17: First block of Brookdale Ave., missing 13 year-old girl.
*Aug 17: 43 Everson t., stolen 1994 Nissan.
*Aug. 17: Raymond and Elliot St., found 1992 Ford.
*Aug. 17: 700 block of Sunnydale Ave., graffiti.
*Aug. 18: First block of Rey St., death, 75 year-old woman.
*Aug. 18: 200 block of Talbert St., vandalism to vehicle.
*Aug. 18: First block of Tucker Ave., found 32 year-old female.
*Aug. 20: 8:15 p.m., 1600 block of Sunnydale Ave., felony assault, domestic violence, gardening tool used to break windshield of car.
*Aug. 20: 100 block of Loehr St., domestic violence.
*Aug. 20: 1500 block of Sunnydale Ave., domestic violence, malicious mischief.
*Aug. 21: First block of Blythdale Ave., two vandalism cases, suspect known.
*Aug. 21: 500 block of Campbell Ave., mental detention, 21 year-old man.
*Aug. 21: First block of Kelloch Ave., threats, domestic violence.
*Aug. 21: Rutland and Campbell Ave., vandalism to vehicle.
*Aug. 21: 200 block of Santos St., theft from vehicle.
*Aug. 21: 1600 block of Sunnydale Ave., breaking windows.
*Aug. 21: 1326 Visitacion Ave., found 1999 chevrolet.
*Aug. 21: 335 Wilde Ave., found 2002 Subaru.
*Aug. 21: Wilde Ave. and Rutland St., battery.
*Aug. 22: 9:30 a.m.-2 p.m., First block of Blythdale Ave., burglary, broken window.
*Aug. 22. First block of Blythdale Ave., vandalism, suspect known.
*Aug. 22: 200 block of BlythdaleAve., breaking windows, suspect known.
*Aug. 22: 100 block of Guttenberg St., mental detention.
*Aug. 22: 100 block of Hahn St., dispute, threats.
*Aug. 22: First block of Kelloch Ave., threats.
*Aug. 22: 100 block of Loehr St., misdemeanor assault.
*Aug. 22: Tioga Ave. and Rutland St., stolen 1990 Chevrolet.

Gas Prices Down

From Page 1

Recent events that threatened to drive fuel prices up have not had as significant an impact on the energy markets as expected.

Problems with an oil pipeline in Alaska have had less of an effect on output from the region than some analysts originally feared when the situation was revealed last week. A cease-fire in Lebanon seems to have eased immediate concerns that the military conflict there might spread throughout the Middle East region and threaten oil production.

The supply of gasoline in California has decreased over the last month. According to recent figures from the California Energy Commission, the inventory of available gasoline is low compared to the average amount on hand over the last five years.

The nationwide average price for regular unleaded is $3 per gallon, up 3 cents from the previous AAA gas price report on July 11.

The national average is 22 cents per gallon lower than the California statewide average price.

The least expensive gasoline in the country is found in Corpus Christi, Texas where regular unleaded costs an average of $2.78.

Bayview Police Station Update

by Bayview Captain Albert Pardini

Auto Burglary Prevention

Now that the summer season is well upon us, we might readdress the seasonally reoccurring problem of auto burglaries. The number of thefts from automobiles suffered in most metropolitan areas increase over the next few months. Tourists may be partly responsible for the up-tick in the number of auto burglaries committed. Visitors from suburban and rural areas often do not exercise the caution that local residents practice intuitively, and auto burglary suspects depend on this practice. More auto criminal opportunists will hit the streets in anticipation of this seasonal lapse in oversight. You may want to advise our guests accordingly, and observe the following prudent measures, which have been found to improve the chance of a worry free summer.

Generally speaking, try not to leave anything in your car at any time. Even valueless objects like newspapers and water bottles give an auto burglar the impression that the vehicle owner is careless, and may have left something of value behind that is out of sight. Even if you do not have anything stashed away in your trunk or glove box, you don't need the added hassle of replacing a window or door lock. The only things one might keep in his or her vehicle, without too much risk of provoking a break-in, are the vehicle insurance and registration. Even so, do not leave the originals. Make photocopies. They are perfectly legal. Do not use hide-a-keys either. They won't stay hidden for long. A practiced auto burglar, or auto thief, knows just where to look, and makes a point of doing so whenever he breaks into a car. If you have trouble hanging on to your keys, think about purchasing a key chain that can be affixed to your pocket or purse.

These maxims may be difficult if not impossible to live by during the summer season. The next best course of action would be to plan one's outings carefully, so that you don't load your trunk until your ready to travel. Never open a trunk, fill it full of valuables, close it, and then just walk away. Opportunists stay on the lookout for such missteps, and break into the car the minute the driver is out of sight. Plan your excursions so that you load your trunk and lock it up just prior to driving to your next destination. When you get to wherever you're going, make sure to park in well lighted, well traveled areas. Do your best to park in parking lots or garages with an attendant present. If you park on the street do not park in lightly traveled areas like alleys or side streets. Auto burglars prefer breaking into cars where they will not observed, and choose their targets accordingly.

Auto burglaries may occur in parking garages as well. If you use a valet, give him the ignition lock only, lock the trunk release, and find out where he plans to park the car. If he plans to park it on the street, or an unattended lot, you may as well just park it yourself. Make sure you know what is inside your trunk before you arrive at a valet parking operation, and make sure that everything you put inside the trunk is still there when you get ready to leave. Look inside it before you take off. If you suspect that a valet has taken something from your car, call for police assistance, and tell the communications dispatcher why you think the suspect is still at the scene.

You may continue to observe certain precautions at the end of the day when you drive to your home or hotel as well. If you park on the street, the guidelines listed above still apply. Do not store valuables in your car overnight. Neither should you store valuables in your car if you park in an apartment building garage. The common areas of an apartment building are one of the easiest targets on the criminal venue. Burglars and unscrupulous cotenants alike have all the time in the world to case your vehicle, break into it, and squirrel away the objects inside without the inconvenience of being observed. If you own a home with a private garage, remember that garage burglaries are quite common. The security devices used on our garages are often quite easily defeated. Should you wish to take added measures to secure your garage, think about installing a padlock on the interior side of the door.

Finally, one of the most effective deterrents of vehicle theft is an auto burglary alarm. Although most of the cars that are manufactured these days come equipped with alarms, older models might benefit from one. When purchasing an alarm make certain it comes with an activation light that tells everyone passing by, from burglars to casual observers, that the vehicle is equipped with one. If the alarm comes with a pilfering sensor, make sure the device is not set at too sensitive a level. Vehicles with overactive alarms often end up being towed for disturbing your neighbor's peace. Being neighborly is, after all, one of our most important observations. Your neighbor may be the one who calls the police if someone breaks into your car.

Police Cases

*Saturday, Aug.12, 1:15 p.m., Silver and San Bruno, Detention of a Possible Homicide Suspect: An anonymous caller called Bayview Station and said that a homicide suspect, responsible for killing two men at 3rd and Kirkwood the previous day, was just leaving the Westpoint/Middlepoint projects and driving down Evans. Units rushed to the area to search for the suspects. One unit that did not go to the area soon spotted the suspect at San Bruno and Silver. The suspect was detained without further incident. Unfortunately, at this point in time, there was insufficient evidence to charge him with the homicides, so he was released later that day. The investigation is continuing.

*Saturday, Aug.12, 8:15 p.m., 2400 block of San Bruno, Suspect with a Toy Gun: An anonymous caller told dispatch that there was a man on a Muni bus with a gun. Officers found the bus, but the described suspect was no longer on the bus. Officers searched the area and found the suspect on the 2400 block of San Bruno. A search for weapons revealed that he had a plastic toy gun in his possession. While this is not a crime, it can be mistaken for a real gun and he could have been shot and even killed if he had pulled it out. The man was released and the toy gun was seized as property for safekeeping.

*Saturday, Aug.12, 11 p.m., Silver and San Bruno, Stolen Puppy Dog: One of the workers at the White Palace reported that his dog Ivory, a white Doberman, had been stolen from the yard in back of the store. A neighbor had told the victim that they had seen the suspect with the dog at 11:00 PM the previous day. Fortunately the story has a good ending ... the thief had a change of heart and brought the dog back a few hours later.

*Monday, Aug. 14, 4 p.m., Silliman and Girard, Attempted Robbery: An officer reported that a woman and her niece were walking eastbound on Silliman and was approached by two men. One of the men told the woman, "Give me money." The woman ignored the men and continued walking past them. One of men attempted to grab the woman's purse, but she held on to it. A witness saw the struggle and shouted to the man to let her go. The man stopped his attack and ran away. The woman, unfortunately, suffered a gash on her hand during the melee. One of the suspects has been described as a white man of an unknown age, 5'10", 145 pounds wearing a white shirt. The second man was described as a Hispanic man 20-25 years old, 6', 150 pounds, with black hair and brown eyes. He was wearing a white shirt.

In Memory of Bayview Officer Nick-Tomasito Birco

Events at Visitacion Valley Branch Library

Following are events in September at the Visitacion Valley Branch Library:

*Sept. 5, 12, 19 and 26, Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

*Sept. 5, 19 and 26, Tuesday: Infant/Toddler Lapsit with stories songs and rhythms for young children ages birth-3 at 11:15 a.m.

*Sept. 13, Wednesday: Preschool Videos for ages 3-5 at 10:30 a.m.

Visitacion Valley Branch Library is located at 45 Leland Ave. (at Desmond Street). Call (415) 355-2848.

Urban Composting Class in September

Classes are held on Saturdays at the Garden for the Environment, 7th Avenue at Lawton Street. Call 731-5627 for a more informationg or to pre-register.

*Sept. 9: Urban Composting, 10 a.m. to 12 noon - Don't let your food scraps go to waste! The City found that nearly 45 percent of San Francisco's residential garbage is valuable organic material that can be composted into rich fertilizer for your soil. Learn what you can do to reduce waste, save money and help the environment. This free class will cover the basics of both backyard and worm composting.

Visitacion Valley Business Directory

Valley free listings in the 415 area code. Call the Grapevine at (415) 467-9300

ANTIQUES
J.M CHINESE ANTIQUES & AQUARIUM, 144 Leland Ave., 586-1038
AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd , 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd , 239-5239
BROTHER'S AUTO BODY, 2520 Bayshore Blvd
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
T.W AUTOMOTIVE, 2500 Bayshore Blvd , 585-8281
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
BARBER SHOP, 3570 San Bruno Ave., 724-4398
DeMASI'S BARBER SHOP, 35 Leland Ave
THE SHOP (JB), 178 Leland Ave., 239-6709
BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
FACE, BODY & SOUL (Skincare Treatments), 3582 San Bruno Ave., 467-3223
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENAS SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave , 333-6800
WHO'S BADD, 224 Leland Ave., 657-3156
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382
CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
COFFEE
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd , 469-5309
JOE, 28 Leland Ave.
CREDIT UNION
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738
DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353
DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave , 239-5500
DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895
ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657
FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave 468-0145
GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K C MARKET, 400 Wilde St., 467-3024
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd , 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave.
HERBS
SAN ON HERBS, 33-A Leland Ave 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
INSURANCE
EDIE EPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850
KITCHEN CABINETS
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 586-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
MANUFACTURER
SEE'S CANDIES, INC., 345 Schwenn St.
MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave., Appointments 715-0310
OR SAM HO, MO, 2858 San Bruno Ave., 337-6135
NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr Divyang Patel) 2858 San Bruno Ave 467-7500
NOTARY
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900
ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd , 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave , 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 406-2000
ROCK (Real Options for City Kids), 590 Leland Ave , 333-4001
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777
REAL ESTATE
JUSTYNA P. TO (Century 21), 2488 Junipero Serra Blvd., Daly City 94015, (650) 991-5215, Mobile (415) 830-1235
CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave 731-5011 ex 163
RESTAURANTS
BAYSIDE CAFE, 2011 Bayshore Blvd , 467-2023
G & L BAKERY & RESTAURANT, 198 Leland Ave , 239-6283
HERNANDEZ TAQUERIA & BAKERY, 98 Leland Ave., 587-7721
LUAN FAT BAKERY, 110 Leland Ave , 585-1167
MISS MATTIE'S SUNFLOWER BLUES CAFE, 107 Leland Ave , 333-8854
PHO Y & G RESTAURANT, 73 Leland Ave , 469-5686
TWO JACKS, 167 Leland Ave., 337-0433
SCULPTOR
CARTORIGINALS (Mikal Carter), 2 Hahn St., 239-4138
SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608
SERVICE PROVIDERS
THE VILLAGE (Community Center), 1099 Sunnydale Ave , 239-5045
VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 1099 Sunnydale Ave., 239-2866
TAVERN
THE CLUB HOUSE, 25 Blanken Ave
TELEPHONE
D & A WIRELESS, 78 Leland Ave., 452-4139
VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

Most Parents Want Responsibility for Kids' Internet Safety

From Page 4

To support parents' efforts to guide their children to make the best use of the Internet and other media technologies, Cable in the Classroom (CIC) has created a series of tips and strategies for families. According to the recommendations, maintaining an open and respectful dialogue with children is key to help them feel comfortable coming to parents for guidance when they see something that concerns or confuses them. This kind of approach, says CIC, "will ensure children gain the knowledge and learn the skills they need to cope when parents aren't there to guide and protect them."

Among the strategies outlined:

*Set basic ground rules, explain the rules, and discuss why they are important. Rules include "Think before you post. Don't post words or pictures you would not want your parents, teachers, or future employers to see"; "Cheating, plagiarism, stealing, and harming others or their property is as wrong in the online world as it is in the real world"; "Do not post pictures or videos that could identify who you are, or where you live or go to school."

*Use parental controls, keep an eye on what kids do online, and take advantage of the appropriate technology tools. Recommendations include asking the Internet Service Provider about any parental controls available; installing a content filter and/or monitoring filter and learning how to check the computer's Internet history to see what sites a child has visited; becoming familiar with online games, blogs, and social networking sites a child might visit, and having kids tell you how it works and what they've posted.

*Instill media literacy skills by talking about how to find, analyze, evaluate, interact with, and create information online. Advice includes "Don't scold or they might withhold. If parents are overly afraid or critical, kids may clam up. Listen to what they like about using the Internet and what concerns they have, keeping open trusting, two-way communication"; "Don't panic. Take some precautions, educate yourself and your child and enjoy taking advantage of all the online world has to offer"; "Help your child analyze how websites are put together and what their owners are trying to achieve with each design element" and "Help your child think about how different audiences will perceive what they post online."

"Considering the Internet's enormous educational potential and the vital role media and technology play in the 21st century workplace, it's increasingly important for parents and schools to help equip children with media literacy skills," said Helen Soule, executive director of Cable in the Classroom. "The tips for parents are a great place to begin."

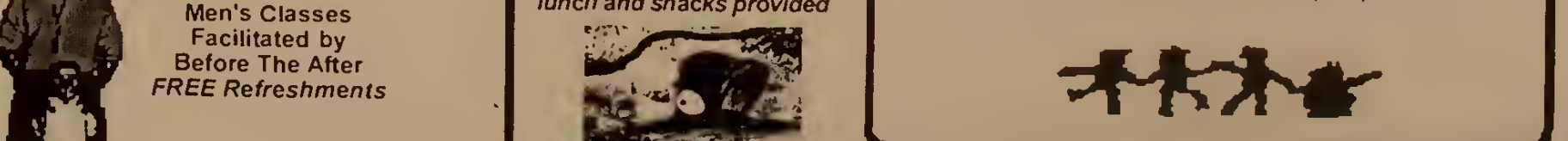
For more information about the poll and recommendations for parents, along with related research about children's Internet use, please visit: www.ciconline.org.

Cable in the Classroom (CIC), the cable industry's education foundation, works to expand and enhance learning opportunities for children and youth. Created in 1989 to help schools take advantage of educational cable programming and technology, CIC has become a leading national advocate for media literacy education and for the use of technology and media for learning, as well as a valuable resource for educational cable content and services for policymakers, educators, and industry leaders.

Crossword Puzzle Solution

■	F	A	A	■	R	O	C	■	P	P	D
G	A	L	A	■	A	B	A	■	A	L	I	M
A	L	T	A	R	T	O	P	■	W	A	K	A
B	A	A	■	A	L	L	O	T	■	T	A	C
■	■	■	A	V	I	■	N	E	A	F	■	■
T	O	R	M	E	N	T	■	E	L	O	G	E
A	R	U	I	■	E	A	T	■	I	R	A	E
M	A	T	C	H	■	T	E	L	A	M	O	N
■	■	A	E	R	I	■	M	I	S	■	■	■
A	L	B	■	S	C	O	P	A	■	L	O	B
B	A	A	L	■	A	L	L	S	P	I	C	E
I	A	G	O	■	C	E	A	■	B	A	T	E
■	P	A	N	■	O	A	R	■	S	O	O	■

Visitacion Valley Family and Community Services Center



For a Better, Healthier, Safer Community for All

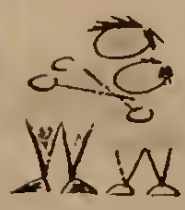
We Can Help You!

Complete Immigraiton documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.) , education workshops, referrals to other services

Parents Support Group
Friday, September 15
5:30 - 7 p.m.
Part I: The Environment and In-vironment

Financial Literacy Workshop
Monday, September 25
10:30 to 11:30 a.m.
VVCC Gym, 66 Raymond Ave
Topic: Reverse Mortgage

Meet and Eat in the Community
in collaboration with Jumpstart San Francisco
Leland Avenue Street Fair
11 a.m. to 6 p.m.
Leland Ave. at Bayshore



Meet and Eat
Friday, September 27
5:30 - 7 p.m.
Theme: Special Name, Special People

Every Wednesday
September 6, 13, 20 and 27
6 - 8 p.m.

Men's Classes
Facilitated by
Before The After
FREE Refreshments

Family Field Trip
Saturday, September 30
10 a.m. to 3 p.m.
Oakland Fairyland
Transportation, entrance fee, lunch and snacks provided

September 2006 Activities
held at 161 Leland Avenue
except where noted

Enhanced Information and Referral
Every Monday Through Friday
September 1 to 25
9 a.m. - 5 p.m.

Free Food Distribution
Every Monday
September 4, 11, 18 and 25
3 - 4 p.m.

Parents Advisory Council Meeting
Free Dinner and Childcare
Friday, September 1, 5:30 - 7 p.m.
at 325 Leland Ave., Room 4

Individual and Family Counseling
Friday, September 15
4:30 - 5:30 p.m.
For appointment, please call Julia Carmen at (650) 738-8045 or FCSCStaff at (415) 586-6998

161 Leland Avenue, San Francisco, CA 94134
Tel: (415) 586-6998 Fax: (415) 586-8027 e-mail: meriam_vvcc@sbcglobal.net

Cathy began looking at Visitacion Valley real estate in 1949, and she's been out in front of the competition ever since.

Cathy has been the most successful REALTOR® in Visitacion Valley for more than 20 years.

She was born and raised in the Valley, and has successfully represented buyers and sellers for years. She's actively involved in neighborhood charities and community events.

For all your real estate needs, call Cathy!

Cathy Kline Saunders
Broker Associate, REALTOR®
415.731.5000 ext 163

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REAL ESTATE